

- Mt. Holiday is having a free movie night on Monday, December 18th! Call 938-2500 for more information.
- School Drills- New bill signed into law in June 2006 require schools to complete 10 drills a year. 6 Fire, 2 Tornado, and 2 secure drills.

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Youth News

GTB YOUTH NEWS—ISSUE ONE

DECEMBER 2006

UPCOMING DECEMBER ACTIVITIES

CHRISTMAS DINNERS

All Community Christmas Dinners will be held on Thursday, December 14th

Antrim/Grand Traverse – 6 p.m. to 8 p.m. Traverse City Office

Benzie – 6 p.m. to 8 p.m.

Charlevoix – 5 p.m. to 7 p.m.

Leelanau – 6 p.m. to 8 p.m. Strongheart Center

CHRISTMAS BREAK ACTIVITIES

December 27th 10 a.m. to 4 p.m. ~ Girls Day Out

December 28th 10 a.m. to 4 p.m. ~ Boys Day Out

December 29th 1 p.m. to 3 p.m. ~ GKC Mall Movie Day



UPCOMING JANUARY ACTIVITIES

SKI/SNOWBOARD/TUBE AT MT. HOLIDAY IN TRAVERSE CITY

January 7th, 14th, 21st, 28th and
February 4th and 11th from noon to 6 p.m.

This year we have also added another choice for those who don't want to ski or snowboard: TUBING! You will be given the option to ski, snowboard or tube. Tubing time is from 2 p.m. to 4 p.m. If you choose to do more than one activity it will be at your own expense. A meal ticket for a hot dog, chips and a drink will also be given out. Come out and have fun!



News from the Higher Education Specialist



**GREAT NEWS FOR
COLLEGE BOUND
STUDENTS!**

“Keeping

**our
traditions**

alive”...



ATTENTION ALL COLLEGE BOUND STUDENTS!!

**Higher Education Appli-
cations for the 2007/2008
School Year will be
ready February 1st!**

Please stop by and see what your options are for a Grand Traverse Band higher Education Scholarship. There are no deadlines, **BUT**, applying early will put your **NAME ON TOP** of the list for any other college scholarships, **AND** tribal

scholarships are awarded on a first come, first server basis.

If you are planning to take college classes at a public college, **in your senior year**, we can help pay for books and fees, and the tuition will be covered by the Michigan Indian Tuition Waiver Program. Please call this office for more information!

**Have a wonderful
Christmas and New**

**Years! RELAX and EN-
JOY your family, and
remember to tell mom
and dad that you love
them!**

Here's a good one!

How do you catch a
unique rabbit?

Unique up on it.

How do you catch a tame
rabbit?

Tame way!

We look forward to
working with you!

-Joyce Wilson

GTB High School Seniors

The Life Long Learning budget includes funding for student services for seniors. This funding will allow us to assist GTB High School Seniors, age 19 and younger with up to \$400 for Seniors expenses. Our program can pay up to \$300 which can be used for senior pictures, class ring, graduation announcements, cap and gown, or food for your

graduation dinner. If you have already paid for these items, we can reimburse you with the original receipts. After you graduate, you will receive a \$100 incentive after we get a copy of your diploma. Included in an application package you will find a Student Services Application of course, enrollment form, and a

school counselor verification form. These will need to be returned along with a copy of your tribal ID card to receive any assistance in Senior Expenses. Please call for further information Tanya Raphael at 231-534-7230 or toll free at 1-866-534-7750. WE are proud of you and your accomplishments and we'd like to reward you!

*“Excused absences
or tardies, do not
constitute perfect
attendance”*

-Tanya Raphael



Incentive Program for GTB Students Enrolled in the Education Program

The GTB K-12 Education Program is offering an incentives program for enrolled students. The purpose of this program is to recognize the hard work and dedication of our Tribe's students who have received perfect attendance and/or a 3.0 grade point average (GPA) or higher at each marking period. The qualifications for these incentives are as follows: Under perfect attendance students will

receive a \$5 pizza or a movie certificate for each school month that they have perfect attendance. Perfect attendance means no absences during the month. **Excused absences or tardies do not constitute perfect attendance.** Under the 3.0 or higher qualifications students will receive a \$20 pizza or movie certificate for each marking period in which they receive a grade point average of 3.0 or higher. Com-

pleted applications can be returned to the Youth Intervention Specialists in your area. Please call your YIS if you need additional applications. These persons are listed on the last page of this newsletter. One of the goals of our department is to assist Tribal member learners in achieving their educational goals, today and always! It is our hope that these incentives will show your child/ren that we are proud of their educational accomplishments!

*“We are proud of
you and your
accomplishments”*

-Tanya Raphael

Did you know...

The GTB Life Long Learning Department is offering Student Services this year to GTB tribal member students in grades K-12 who reside in the six county service area? These student services include: **SCHOOL CLOTHES AND SCHOOL SUPPLIES**

AND, if you child has no truancy issues and has at least a 2.0 grade point average we can also help with:

High School Senior Expenses * Drivers Education Expenses *
School Incentives for perfect attendance and 3.0 GPA or higher *
Extra Curricular Activity Assistance * Youth Work Experience *
Youth & Elders Hand in Hand * Gifted/Talented National Level

Contact the Education Staff for an application and more information.



"The State of Michigan utilizes "Compartmentalization" on our school buses instead of seatbelts."

Sander M. Weckstein, M.D., F.A.P.A., F.A.A.C.A.P., Board Certified Child, Adolescent and General Psychiatrist



Kitchi Minogining Teachers' Schedules

Kitchi Minogining Teachers' are in the following locations and times:

***Cindi McIlrath**

Traverse City (3-Mile)-Monday, Tuesday and Wednesday- 8am - 5pm

Charlevoix -Thursday- 8 am to noon and 1pm –5pm

***Karl Keinath**

Peshawbestown (M-22)

Monday 10am –6 pm and Wednesday 8 am –6 pm and Friday 11am –5 pm.

Benzonia

Tuesdays 8 am– 5:00 pm and Thursdays 8:00 am– 12 Noon

School Improvement Needs You- TC West School Improvement Committee meets on the 4th Tuesday of every month from 3:15-4:15 pm. The committee is comprised of students, staff, parents, and administration. It is a great way to get involved with "what's happening" at our school! If you are interested in being involved call Kate Kelly, Chairperson at 933-7788.

Fifth Annual Teacher and Parent Educational Series

Information that could very well be helpful to many parents, educators and those of us simply wanting to be in the know. When working with youth, it is a positive to be informed. The 5th Annual Teacher and Parent Educational Series, Presents Sander M. Weckstein, M.D., F.A.P.A., F.A.A.C.A.P.. Board Certi-

fied Child, Adolescent and General Psychiatrist. All sessions will be held from 6:30-8:00 pm in the Traverse City Central High School Library. 1150 Miliken Drive.

Jan. 9-Anxiety Disorders and Obsessive Compulsive Disorder in Children and Adolescents-New Findings and Proven Treatments.

Feb. 6-Depression and Bipolar Disorder in Children and Adolescents.

Mar. 6 –The Autistic Spectrum Disorders-Autism, Asperger's and Pervasive Development Disorder NOS. For further information, please call Northern Michigan Psychiatric Services, P.C. at 231-935-0355.

ICE - "IN CASE OF EMERGENCY"

The GTB Tribal Police Department would like to inform cell phone users that there is an acronym that can be used in your cell phone to contact family members in an emergency if you are unable to speak for yourself — ICE "In Case of Emergency." The ICE idea was developed from London "The East Ambulance Service" national campaign for "In Case of Emergency (ICE)." The idea is to store the word "ICE" in your cell phone address book, and with it enter the number of the person you would want to be contacted "In Case of Emergency." In an emergency situation emergency services personnel and hospital staff would then be able to quickly contact your next of kin by simply dialing the number programmed under "ICE" if you are unable to speak for yourself and you have a cell phone. For more than one contact enter ICE 1, ICE 2, ICE 3 etc. GTB Tribal Police wishes everyone a safe and happy holiday!

UNITY Youth Council Elections!

The Maawanji Ildiwag Youth Council will be holding elections in January. Youth that are members of the UNITY Youth Council Maawanji Ildiwag are eligible to run for the offices of Chairman, Co-Chairman, Secretary, Treasurer and 2 members at large. You must be at least 14 years of age and not older than 24 years of age and you must be enrolled in school.

Are you someone that wants to make a difference in your community? Are you someone that people listen to? Are you someone that knows that you must work to achieve your goals? Are you someone who is shy but, looking for the opportunity to step out of your shell and find your voice? If so, you are the person we seek to lead our Youth Council! You are the person we seek to help us get things done!

You can pick your Declaration of Candidacy packet up at a UNITY Meeting (second and fourth Thursdays of the month) or with your YIS. Get excited, think about why you want to run and then just simply do it! For more information contact one of the UNITY Council Members or your local Youth Intervention Specialist.

The UNITY group will be helping during the Community Christmas Dinners!



Healthy Eating, Active Lifestyles and Healthy

The number of overweight children have reached epidemic proportions, and the health of these children is threatened. Approximately one in five children and one in three teens in the U.S. are either overweight or at risk of becoming over-weight. Studies show that 60% of overweight children have at least one risk factor, and 20% have two or more risk factors for cardiovascular dis-

ease. What can parents and families do? "This goal is to be active as a family, serve healthy meals and whenever possible, eat together as a family," says Dr. Carolyn Dunn. "Remember, it takes time and effort to make healthy eating and physical activity part of your family's routine." Parents, teachers and community members can serve as positive role models by providing day-by-day guid-

ance in helping our children develop healthy habits at home, in school and in the community. Establish a routine. Schedule meals and snacks. Avoid casual snacking. Refrain from using food as a reward. Help children learn to eat for nourishment and satisfaction. Serve healthy meals at home. Keep snacks healthy.

**Parents
can serve
healthy
meals and
whenever
possible,
eat
together as
a family.**

Obesity on the Reservation



Type 2 Diabetes has reached epidemic proportions

Type 2 Diabetes has reached epidemic proportions on the country's Indian Reservations. On some reservations, as many as one-quarter of the people have diabetes. The disease and its complications take a serious toll on the health of Native Americans. Doctors aren't sure what causes Type 2 diabetes but, say in many cases it's brought on by obesity. "Diabetes is the number one cause of blindness in America, it's the number one cause of kidney dialysis in America, it's the number one cause of non-traumatic amputations of feet and legs in America and it is a major contributor to heart attack and stroke. Native Americans are three times more likely to get the disease than the country's white population. The question is why. Some say Native Americans are predisposed to diabetes, so a

mainstream American diet full of calories and fat effects them even more than the general population." Dr. Fred Ness says, "Yes, genetics plays a role. But it's not the only factor." Childhood Obesity is a national concern. The percentage of children and adolescence who are overweight has more than doubled in the past 30 years. It is estimated that 5.3 million young people aged 6-17 years old are seriously overweight. The causes of obesity are complex and include genetic, biological, behavioral and cultural factors. Obesity occurs when a person eats more calories than the body burns up. If one parent is obese, there is a 50 percent chance that the children will also be obese. However, when both parents are obese, the children will have an 80 percent chance of being obese. Although certain medical disorders can cause obesity, less

than 1 percent of all obesity is caused by physical problems.

Obesity in Childhood and Adolescence can be related to poor eating habits, overeating or bingeing, lack of exercise, family history of obesity, medical illnesses(endocrine, neurological problems), medications (steroids, some psychiatric meds), stressful life events or changes (separations, divorce, moves, deaths, abuse), family and peer problems, low self-esteem, and depression or other emotional issues. There are indications that a new approach to diabetes education on reservations is working. At Leech Lake Reservation in Northern Minnesota, officials have seen the blood sugar levels in diabetic patients decrease in the past 10 years. Over the past few years, the number of amputations have gone down by as much as 75 per-

"Yes, genetics plays a role. But, it is not the only factor."

-Dr. Fred Ness

Clan System & Diabetes Workshop

Sponsored by the STEPS, Anishinaabemowin and Elders Programs.

Saturday, December 16th ~ TC Office ~ 9 a.m. to 3 p.m. (weather permitting)
Presenter: Ronald Wakegijig of Wikwemikong, Ontario, Canada
(Lunch provided by the Elders)

Ronald will speak on: Diabetes and How it relates to Traditional Indian Medicine and the "Clan System": Explanation on the Various Clans; How One Determines Which Clan They Are. This is a one-time presentation and we hope you can join us for this informative workshop. Please call on Friday to confirm since workshop will be held weather permitting.

For any questions or more information, please contact Carrie Leauteaux at: (231)-534-7462, George Trudeau at: (231)-534-7771, Sammie McClellan-Dyal at: (231)-534-7758 or Pauline Barber at: (231)-534-7754. "Miigwetch!"

Life Long Learning Programs

Higher Education-College and Adult Vocational Training scholarships awarded to GTB tribal members seeking degree, certificate, and licensing programs based on the number of credit hours attending.

K-12 Education-Employs six Youth Education Intervention Specialists to work with parents and the school system, provides student services, student incentives, sports assistance, youth work experience, youth and elder hand in hand program, high school senior expenses, driver's education assistance and support for gifted and talented youth.

Youth Intervention Specialists (YIS)-We have six Youth Intervention Specialists whose goal is to create a strong working relationship between the school and GTB. The YIS will be the communication link between the students, families and educators. They work with families to assist them with problems they encounter during the student's educational process.

Gneejawnisananik-"Our Children's Camp"-Two 1-week overnight sessions held in Alden, MI focusing on preventive and cultural activities. Target ages are 8 to 14.

UNITY-UNITY's mission is to foster the spiritual, mental, physical and social development of Native youth and to help build a strong, unified and self-reliant Native America through involving its youth. Target ages are 14 to 24.

Benzie Title VII-Office of Indian Education federal grant to offer Title VII services to Native American students enrolled in Benzie Central Public Schools K-12. Services include tutoring, school supplies and in-school support.

Human Service-Programs include emergency food, utility assistance, energy efficiency conservation workshops, and energy efficiency home improvements

477 Program-Employment and training services, adult vocational training, GED completion, career exploration and assessment, work support services, and work training program available to federally recognized Native Americans.

Community Activities-Community activities include holiday gatherings and dinners, skiing, Elder/Youth bowling league, Higher Education/Adult Education/Tribal School

graduation ceremonies and collaboration with other GTB programs on after school activities.

Heritage Library-The library provides a unique collection of books focusing on the Native American community as well as other interests such as self help, child care, children's books, nature and arts, graphic novels, biographies, language and more. The library also provides audiotapes, video tapes, CD-ROMs, reference books, periodical and subscriptions as well as Internet access. The library is open to all members of the community.

Kitchi Minogining Tribal School-Kitchi Minogining Tribal School, a state recognized Non-Public school, operates four classrooms, one each in Peshawbestown, Traverse City, Benzonia, and Charlevoix. The primary function is to provide curriculum and instruction for high school students. The school is staffed by certified teachers, uses a State-approved curriculum, and issues high school credit and diplomas which are accepted by both the public schools and State colleges and universities. Kitchi Minogining Tribal School offers:

- * Alternative education program for students 16 and older
- * High school completion for adults
- *GED preparation for adults
- *Tutoring for K-12 public school and College students
- *Credit recovery for public high school students
- *Tutoring for summer school students, including GRASP, etc.
- *Computers with Internet access
- *Editing and proofreading of letters and resumes
- *Help with filling out forms and applications

Administration

Dena Wilson, Department Manager

Phone:534.7134

Tanya Raphael, K-12 Education Director

Phone: 534.7230

Joyce Wilson, Higher Education Specialist

Phone: 534.7765

Sharon Edgington, REACH Program Director

Phone: 534.7702

Angela McGrath, Office Manager

Phone: 534.7233

Kitchi Minogining Tribal School

Missy Alberts, Program Director/
Administrator

Phone: 534.7753

Cindi McIlrath, Lead Teacher

Phone: 534.7759

Karl Keinath, Teacher

Phone: 534.7229

Youth Intervention Specialists (YIS)

Laura Carson, Antrim/Grand Traverse County

Phone: 534.7755

Joyce Crockett, Antrim/Grand Traverse
County

Phone: 534.7774

Leisa Kennedy, Benzie/Manistee County

Phone: 534.7150

Liz McSawby, Charlevoix County

Phone: 534.7147

Andrea Arroyo, Leelanau County

Phone: 534.7455

Ta'Shena Raphael, Leelanau County

Phone: 534.7231






E-Mail Addresses:

FirstName.LastName@gtbindians.com

Mission Statement

The mission of the Grand Traverse Band Education Department is to provide educational opportunities and guidance to all Tribal Members through parental, staff and community involvement. Our goal is to prepare Tribal Members of all ages to be successful as life long learners and to support and promote the use of our traditional culture and language. The Grand Traverse Band Education Department will assist Tribal Member learners in achieving their educational goals, today and always!

DECEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 GTB vs. LTBB - Home Game starting at noon
3	4	5 Leelanau Family Language Bingo M-22 5:30 - 7 *	6 Benzie/Manistee Family Language 5:30 - 7 * Charlevoix Youth Drop In 4 - 6	7	8	9 
10	11	12 Charlevoix Family Language 5:30 - 7 *	13 Antrim/Grand Traverse Family Language 5:30 - 7 * Charlevoix Youth Activity TBA	14 Community Christmas Dinners	15	16 GTB vs. UP United - Away Game at Bay Mills starting at noon Clan System & Diabetes Workshop TC Office 9 a.m. - 3 p.m. (weather permitting)
17	18	19	20 Elk Rapids Parent Meeting in Kewadin at 6 p.m. Charlevoix Youth Activity Pool 6 - 8	21 Suttons Bay Title VII meeting 5:30 at the school	22	23
24/31	25 Merry Christmas  GTB offices closed	26 GTB offices closed	27 Girls Day Out 10 - 4 	28 Boys Day Out 10 - 4 	29 GKC Mall Movie Day 1 p.m. - 3 p.m. 	30

* Light Meal served at 5:30

Grand Traverse Band of Ottawa and Chippewa Indians
2605 N. West Bay Shore Drive
Peshawbestown, MI 49682



Youth News

GTB Youth News—Issue Two

January 2007



Crime Prevention Slogan Contest

For the new GTB Special Events "VEHICLE"

DEADLINE: January 31st

Submit to Tribal Police in person or by mail to:

Grand Traverse Band Tribal Police
ATTN: Crime Prevention Slogans
2605 N. West Bay Shore Drive
Peshawbestown, MI 49682

Department Five—
Life Long Learning (LLL)

Inside this issue:

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Send in your best ideas for a one line slogan that could be used on the new Tribal Police Special Events Tahoe.

All participants will be recognized at the unveiling of the vehicle in February at the Strongheart Center (need not be present to win). Date to be announced...

Two Age Groups: 8-12 and 13-18

PRIZES

1st place—\$100 purchase order
2nd place—\$50 purchase order
3rd Place—\$25 purchase order

Title VII—Indian Education Director Information

Boyne Area Anishinaabe Education:

Todd Parker – Director
PO Box 289
Boyne City, MI 49712
1-231-439-8160
tparker@boyne.k12.mi.us

Benzie Indian Education

Tanya Raphael – Director
2605 N. West Bay Shore Dr.
Peshawbestown, MI 49682
1-231-534-7230
Tanya.Raphael@gtbindians.com

Charlevoix Indian Education

Connie Marshall – Director
1500 Hill St.
Petoskey, MI 49770
Phone: 348.2169
Marshall.cf.u@petskeyschools.org

East Jordan Indian Education:

Carol Wells – Director
PO Box 399
East Jordan, MI 49727
1-231-536-0053 ext. 5117
cwells@eips.org

Forest Area Indian Education:

Jill Bedard – Director
7661 W. Shippy Rd. SW
Fife Lake, MI 49633
1-231-879-3763
Jillb7@sbcglobal.net

Northport Indian Education

Ty Wessell – Director
PO Box 188
Northport, MI 49670
Phone: 386.5153
ty.wessell@northport.k12.mi.us

Suttons Bay Indian Education

Sue Idema - Director
PO Box 367
Suttons Bay, MI 49682
1-231-271-8600 ext. 165
idemas@suttonsbay.k12.mi.us

Traverse City Indian Education

Cherie Domine - Director
PO Box 32
Traverse City, MI 49685
1-231-933-5850
dominech@ash.tcaps.net

Spotlight on
Suttons Bay Title VII—
Indian Education Program

Mrs. Sue Idema
Title VII Director
Phone: 271.8600 ext. 165
E:mail: idemas@suttonsbay.k12.mi.us



Good Things are happening with the Title VII program at Suttons Bay Schools! We have wonderful tutors available for every grade, a parent committee committed to the education of our students, service coordination with the GTB Education Department, and we are on the right track to see academic success with our students! We are planning an open house in February. Watch the GTB Youth News for the date in next months news! If you'd like to become involved, please contact Mrs. Idema or Sharon Wasageshik, Parent Committee Chairperson at 271.7720.

CONGRATULATIONS to: Dwaun Anderson and Brendan Kitchen

They won 7 tickets each to see the Harlem Globetrotters at the Palace of Auburn Hills on December 29th for perfect attendance in November! Thank you to Dora Willis and the Marketing Department for thinking of the Education Department and donating the tickets!

K-12 Education Incentive Acknowledgement

Way to go everyone - We are very proud of you!!

Perfect Attendance:

September

Dwaun Anderson
Jordan Anderson
Veronica Anderson
Adam Arroyo
Dougie Shomin
Jordan Shomin
Allison Two Crow
Chad Two Crow
Eric Two Crow

October

Dwaun Anderson
Jordan Anderson
Veronica Anderson
Adam Arroyo

November

Dwaun Anderson
Jordan Anderson
Veronica Anderson
Adam Kitchen
Brendan Kitchen
Cameron Kitchen
Bret Shomin, II
Dougie Shomin
Allison Two Crow
Eric Two Crow
Chad Two Crow

3.0 Grade Point Average or better for the 1st marking period:

Adam Arroyo, Tayla Bailey, Dwaun Anderson, Veronica Anderson, Josh Martell, and Julia Martell!

Suttons Bay/Northport Honor Roll

Look who made the Suttons Bay & Northport Honor Roll - Way To Go!

Fourth Grade

Veronica Anderson
Tatiana John
Beedokah Stonefish

Fifth Grade

Tayla Bailey
Anna Barrientos

Seventh Grade

Dwaun Anderson
Carmen Chippewa
Zerine Hagar
Johnny Petoskey
Monni Raphael

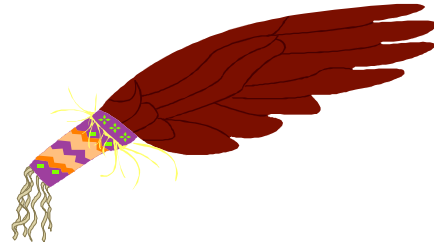
Ninth Grade

Bryton Collins

Eleventh Grade

Rose Petoskey

Twelfth Grade - Liz McGeshick— she is also a second-team all Northwest Conference pick and has also been nominated for All State!



K-12 Education Incentive Application

Grand Traverse Band of Ottawa and Chippewa Indians

Student Name: _____ Grade: _____

Home Phone: _____ School Name: _____

School Office Secretary Name: _____

Certificate: _____ Little Caesars or _____ GKC Movie Theaters

____ Perfect Attendance for month of: _____

Verification: I, _____ (school secretary), verify that the above named student has had perfect attendance for the month noted above. Perfect attendance further defined as no excused absences or tardies.

Signature of school secretary: _____ Date: _____

____ 3.0 Grade Point Average for marking period of: _____

Verification: Please include copy of report card.

I certify that all the information given is true and correct.

Parent Signature: _____ Date: _____

Domestic Violence Prevention for Native Girls

GTB- Rural Domestic Violence & Child Victimization Grant Will Host: Teen Dating Violence Prevention—

Curriculum for Native American Girls age 12 and older

January 12, 2007 Section One Chapter 1-4

January 26, 2007 Section One Chapter 5-7

At the Medicine Lodge ~ 6 to 8 PM

Workbooks Provided ~ Pizza and Pop from Roman Wheel

SPECIAL INCENTIVE FOR ALL THE GIRLS WHO ATTEND WORKSHOPS

Facilitator: Sharon K. Wasageshik, DV Prevention Educator

534-7345 Office—342-6532 Cell

Confidentiality must be kept at all times at the workshop. Must have parental permission slips to attend

PERMISSION SLIP

I, _____ give permission to my daughter _____, to participate in the educational curriculum topics to include self-esteem, healthy relationships, teen dating and date rape, assertiveness and communication skills, facilitated by Sharon K. Wasageshik, Grand Traverse Band Domestic Violence Prevention Educator.

Date _____

Parent's Signature—(Also permission to go to Roman Wheel for pizza in Suttons Bay)

Curriculum developed by: Emily Janes, BA Mia Luluquisen, DrPH, MPH, RN
Charon Asetoyer, Executive Director

Programming made possible by The Native American Women's Health Education Resource Center

Attention GTB Seniors:

Higher Education Applications for 2007/2008 school-year will be ready February 1st. There are no deadlines! Scholarships will be awarded on a first-come first-served basis.

There are NO Tuition fees at any Public University or College in Michigan for Native Americans who have lived in Michigan for the last 12 months. Please contact this office for details.

Joyce Wilson-John, Higher Ed Specialist.....(231) 534-7765....e-mail..... joycewilson@gtbindians.com

Traverse City Office.....(231) 534-7760

Traverse City Toll-Free.....-866-534-7760

Traverse City Fax.....(231) 534-7773

Traverse City Address..... 845 Business Park Drive, Traverse City, MI 49686

Native American Family Together (NAFT)

The Grand Traverse Band Education Department would like to invite you to a workshop about the very important topic of special education. This workshop will be offered by NAFT (Native American Families Together) and facilitated by Susan Faircloth from Penn State.

The workshop will be about basic rights and knowledge in special education, allowing us to be better prepared and giving us the tools to advocate in the best interest of our children. Upon attendance you will have the opportunity to become a part of the NAFT Network, a program which offers advocacy to all special needs Native children across the country. Becoming a part of the network is strictly optional, but a very helpful resource for those that are working with special education issues. Please consider accepting this invitation and joining us in this opportunity.

WHEN: Thursday, January 18th from 9-2:30pm (Lunch will be provided)

WHERE: GTB Education Office (3 Mile office) Traverse City from 9-2:30pm

After the workshop there will be some time set aside for open discussion and questions and answers.

To reserve your seat or if you have any questions, please reserve your seat at 534-7230 with Tanya Raphael or at 534-7233 with Angela McGrath.

FAMILY LANGUAGE CLASS SCHEDULE

Parents, Grandparents, Children – come join in on the fun as we learn ways to speak Anishinaabemowin on a daily basis.

Jan. 17th & 31st—Antrim/GT

Jan. 10th & 24th—Benzie/Manistee

Jan. 16th & 30th—Charlevoix

Jan. 9th & 23rd—Leelanau

Time: 5:30 PM to 7:00 PM

Supper will be provided





Drum (Day-way-Gun) Practice

Drum practice will be held at the Three Mile Office on

Thursday, January 11th and 25th from 6 to 8 p.m.

All GTB tribal members and other Native middle, high school and adults interested in learning more about woodland style drumming and singing are welcome to attend. Drum practice for younger children will be scheduled in the future if there is enough interest.

For further information please call Bill Martell at 534-7690

NATIVE AMERICAN GIRLS 1ST ANNUAL VOLLEYBALL TOURNAMENT

Ages 13-18 years old

Entry fee: \$100.00

Saginaw Chippewa Tribal Gymnasium

7070 E. Broadway

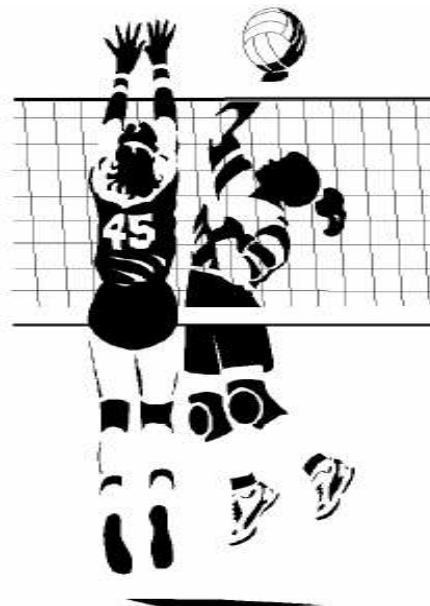
Mount Pleasant, MI. 48858

February 10, 2007

games start at noon



Tournament format will depend on how many teams will register for the event. Team rosters must be faxed (989) 775-4093 or mailed by 5p.m. on February 5, 2007. Anyone interested please call Kevin Ricketts at (989) 775-4509



This is a Michigan United Tribal Youth Event

Gashi Miinawaa Daan senh Maanjidwin—Mother and Daughter Gathering

Sponsored by

Grand Traverse Band of Ottawa & Chippewa Indians

Rural Domestic Violence and Child Victimization

Grant No. 1998-WR-VX-K001

Every Tuesday

At the

Medicine Lodge Community/Conference Room

6 -8:00 PM

Light supper and activity materials provided!

There will be weekly domestic violence awareness presentations along with prevention activities. Contact Sharon K. Wasageshik DV Prevention Educator for weekly prevention activity information.

Also you can bring your auntie, sister, grandma, or just bring yourself.

534-7345 Office 342-6532 Cell



SKI SNOWBOARD TUBE AT MT. HOLIDAY IN TRAVERSE CITY

January 7th, 14th,
21st, 28th and
February 4th and
11th



How to Eat Healthy For Life

1. Decide how many calories your body needs to function each day.
2. Carbohydrates are important
3. Don't fear fatty foods
4. Eat Larger meals early in the day
5. Don't skip breakfast
6. Make eating fun
7. Buy non-fat or reduced fat foods
8. Give yourself a cheat day
10. Exercise regularly.



Tips

Eating healthy will give you some health benefits, but you won't achieve the full benefits possible unless you exercise. Exercising doesn't have to be hard, and you don't even have to break a sweat. Just going for a short 30 minute walk four times a week will greatly improve your health. If you consume more Calories than your body needs each day, your body will store the excess energy as fat. In today's society, that excess body fat is unnecessary. We are no longer hunter/gatherers. Your next meal is as close as your local grocery store and we don't need extra energy stores to hold us over till the next meal. Use extra virgin olive oil when cooking. It's more pure, and is better for your heart than other kinds of olive oil. The darker the better. Furthermore, "light" olive oil has as many Calories as extra virgin olive oil — the "light" refers to the color.



VOLUNTEER APPRECIATION

We'd like to extend our appreciation to everyone that helped at the Community Christmas parties including: Nancy Anderson, Ron Anderson, Allen John, Sr., Glenn Petoskey, Julie Quinn, Lori and Elwood Stainbrook, and Fred Wabanimkee. We are sorry if we missed anyone—your volunteerism is appreciated.

JANUARY 2007

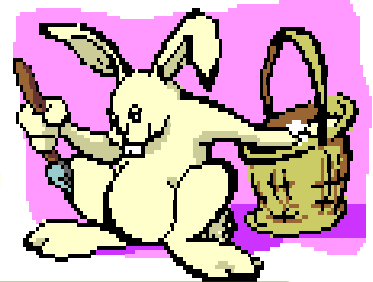
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 GTB Offices Closed	2 GTB Offices Closed	3	4	5	6
7 Noon—6 Mt. Holiday	8	9 Leelanau Family Language Bingo M-22 5:30 - 7 Mother/Daughter Gathering Medicine Lodge 6-8	10 Benzie Family Language 5:30 - 7	11 Drum Practice TC office 6-8 UNITY 5-7	12 Female Teen Dating Violence Program 6—8 Medicine Lodge	13
14 Noon—6 Mt. Holiday	15	16 Charlevoix Family Language 5:30 - 7 Mother/Daughter Gathering Medicine Lodge 6-8	17 Antrim/Grand Traverse Family Language 5:30 - 7	18 NAFT Community Training 9-2:30 at the TC office	19	20
21 Noon—6 Mt. Holiday	22 Suttons Bay Title VII Meeting at 5:30 at the school	23 Leelanau Family Language Bingo M-22 5:30 - 7 Mother/Daughter Gathering Medicine Lodge 6-8	24 Benzie Family Language 5:30 - 7	25 Suttons Bay Financial Aid Workshop at the school 7 p.m. Drum Practice TC office 6-8 UNITY 5-7	26 Female Teen Dating Violence Program 6—8 Medicine Lodge	27
28 Noon—6 Mt. Holiday	29	30 Charlevoix Family Language 5:30 - 7 Mother/Daughter Gathering Medicine Lodge 6-8	31 Crime Prevention Slogan Contest Submission Due Antrim/Grand Traverse Family Language 5:30 - 7			

Grand Traverse Band of Ottawa and Chippewa Indians
 2605 N. West Bay Shore Drive
 Peshawbestown, MI 49682

April Youth News

April 2007 GTB issue five

Easter Party



Benzie—April 7th 11 to 2

Charlevoix—April 3rd 6 to 8

Strongheart—April 5th 6 to 8

Traverse City—April 3rd 6 to 8

Dinner will be served!

Pictures with the Easter Bunny!



Unity's April upcoming events: Participation is required to be eligible for special trips or events.

April 3rd—Community Service project (Easter Party) for TC/Antrim youth

April 4th—Fundraiser—Taco Sale @ M-22

April 5th— Fundraiser—Spaghetti @ M-22 , Community Service project (Easter Party) for Lee youth

April 12th & 26th – (on the 12th –plant seeds for community gardens) Unity Fitness night w/Dee

April 19th—working session & hand out bake sale supplies

April 21st— Fundraiser—bake Sale/ 3 point shoot out/ Dance at the Strongheart from 8-midnight

April 28 & 29th—Concession stand at the Strongheart Men's Tournament



Youth Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1	2.B- Pizza Making Video 1-4	3. B- Playground & Snacks 1-4 Tc/Antrim -Easter Party	4.Indian Tacos Fundraiser Unity 9-4 @ M-22	5.Spaghetti Dinner Unity fundraiser 9-2 @ M-22 Lee- Easter Party	6. Staff meeting 9:30 Movie Day @ the mall from 12:30-3pm Cvx- Easter Party 6-8pm	7.Benzie Easter Party 11-2 pm
8 	9. B - HWL/ Tutor Jump in to food and Fitness 4-5:30	10.B-HWL/ Tutor . 3-5 & Open Gym 5-6:30 at Crystal Lake	11.B- HWL/ Tutor P 3-5	12.B- HWL/ Tutor . 3-5 Unity-Fitness w/ Dee	13	14 
15	16.HWL/ Tutor Jump in to food and Fitness 4-5:30	17.HWL/ Tutor Laurie E. 3-5 Library 5-7	18.HWL/ Tutor Patricia Cote 3-5	19.HWL/ Tutor Laurie E.3-5 Unity Baking	20.Galaxsea Golf 4-7	21. Tournament Dance (Unity) 3 Point Shooting
22 Tournament Dance (Unity) 3 Point Shooting	23.HWL/ Tutor Jump in to food and Fitness 4-5:30	24.HWL/ Tutor Laurie E. 3-5 Open Gym 5-6:30at Crystal Lake 3-5	25.HWL/ Tutor Patricia Cote 3-5	26.HWL/ Tutor Laurie E.3-5 Unity- Fitness / Dee	27 Elders/Youth Bowling league	28. Bake Sale for Unity at Men's Tourn. (Unity)
29.Bake Sale for Men's Basketball Tourn. (Unity)	30HWL/ Tutor Playground and yoga w/ snack 4-6:30			Red is Benzie Blue is Cvx Green -Tc/Antrim All sites event	All sites will be working on gardening project for a community garden in each site	

Summer Enrichment Program -The **Centers for Lifelong Learning** have arranged for students who will complete K-8th grade this year to participate in the GRASP program. GRASP is a 9 lesson program developed by the Grand Rapids Public Schools which helps students to maintain reading and math skills while they are on summer vacation. Students may enroll in either math or reading, or both subjects. Priority will be given to those students with a referral from their school, and who need additional practice to prepare for the coming year.

THIS FORM SHOULD BE RETURNED NO LATER THAN APRIL 20TH to:

G.T.B. Centers for Lifelong Learning, GRASP, 845 Business Park Drive, Traverse City, MI 49686

(**GRASP ENROLLMENT FORM**
 CHILD'S NAME _____ AGE _____
 ADDRESS _____ CITY _____ ZIP _____
 SCHOOL _____ GRADE COMPLETED THIS YEAR _____ Phone _____
 Parent/guardian signature: _____ DATE _____

Following information is to be completed by school personnel: Name and title of person completing this section of form:

Name: _____ Title: _____ School: _____

Phone: _____ Students present grade (06-07) _____ Promotion recommended ? _____

Students area of need (circle one or both) READING / MATH Student's working grade level for math _____

Student's working grade level for reading _____ *Please attach any additional comments on a separate sheet - any input is appreciated. School personnel may return this form to the parent/guardian, or directly to the address above. For questions or to fax : PHONE: 231-534-7760 / FAX: 231-534-7773*

Healthy Recipe Habit

Yummy Wake-Up Smoothies

Recipe courtesy There's A Chef in My Soup! by Emeril Lagasse, published by Harper Collins, 2002.

This is one surefire way to get you started in the morning! And good for you, too! (Hey, if you like this as much as I bet you will, you'll also want it for snacks.) Don't worry; go right ahead, because all this fresh fruit and yogurt will pick you up just about any time of the day!

Yield

About 3 cups, serving 2 to 4

Tools

- Measuring cups and spoons
- Cutting board
- Paring knife
- Blender

Directions

1. Place all the ingredients in the blender and process on high speed until smooth, about 30 to 45 seconds.
2. Pour into glasses and serve.

Feel free to substitute or add other fruits, such as blueberries, mangoes, or peaches. And feel free to substitute pineapple juice for the orange juice — it'll work just as well!

Caution: Make sure the blender lid is on snugly!

- #### Ingredients
- 1 large ripe banana, peeled and sliced
 - 1 cup washed strawberries, stems and hulls removed
 - 1/2 cup raspberries or peeled and sliced kiwis (about 2 kiwis)
 - 1 cup plain yogurt
 - 1/4 cup orange juice
 - 2 tablespoons honey



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Camp Alden Counselor Application

Please print and return to:

Tanya Raphael

Grand Traverse Band of Ottawa and Chippewa Indians

2605 NW Bayshore Drive, Suttons Bay, Michigan 49682

(231)534-7230

Your name _____ Telephone (____) _____
Current address _____ City _____ State _____ Zip _____
Do you have CPR & First Aide _____ List birth date & age while at camp _____

PROGRAM / CAMP SKILLS

Please CIRCLE those activities you can organize and teach and UNDERLINE those in which you have had some useful experience and could assist teaching.

1. Waterfront – swimming, canoeing, rafting
 2. Outdoor – camp-crafts, wilderness activities, fishing,
 3. Art – leatherwork metals macramé copper enamel jewelry
 4. Printing silk-screening pottery drawing painting
 5. Weaving handicrafts photography basketry silversmith
 6. storytelling at camp fire time
 7. Kitchen activities - Cooking, baking, dishwashing, general cleaning
outdoor cooking, cooking meals in a kitchen
 8. Sports- bicycling/bicycle trips, basketball, football, volleyball, new games,
- Indicate your first 3 choices of program/camp skills areas in which you would like to work at camp.
(Example: #8 Sports – basketball & Volleyball)

#1 _____

#2 _____

#3 _____

#4 List and/or circle any certifications you currently hold (e.g., lifeguard/lifesaving, CPR and/or first aid)

#5 Can you swim? _____ If you do not have CPR/First Aide certifications, would you be willing to take a course prior to the start of the summer? _____

#6 If you are over 21 - Do you drive? _____ Do you have any points on your record?? _____

#7 Do you smoke? _____ Have you ever been convicted of a crime? _____ (minor traffic violations excepted)? If yes, please attach an explanation to this application. _____

CAMP HISTORY / REFERENCES (use additional paper if necessary)

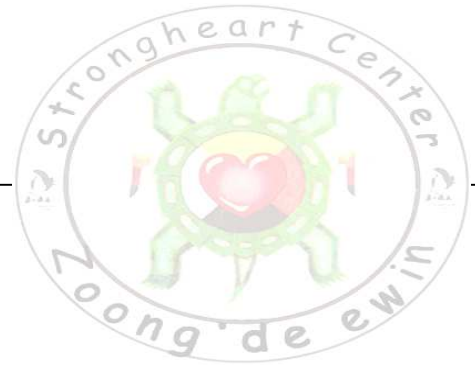
Please list work experiences for last three years, including current position. Indicate any we may contact by giving phone numbers and/or mailing addresses.

Please list any prior camp/youth work experience, either as a camper or a staff member. Lack of experience is OK. Please list three (3) references-- include name, address (with zip code) & phone number. Include an employment supervisor, a teacher/school reference and personal reference from someone who knows you well. No relatives please!

WHO YOU ARE - Please tell us something about yourself to let us know you better - your interests, hobbies, long term plans, something about your family, anything you consider relevant to this application. Include why you decided to try camp counseling and why you selected Camp Alden.

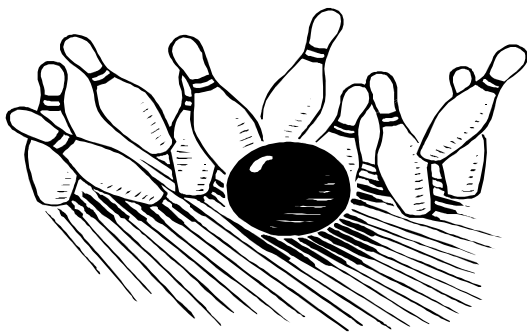
applicant signature _____ date _____

The Challenge is on “Tribe-2-Tribe “



There are nine (9) tribes participating in this challenge. The majority of the tribes are grantees of the STEPS grant of the Inter-Tribal Council. Promoting walking and getting active in our communities. We have been diligently working over the internet, ebeemoshin (emailing) Inter-Tribal Council to get the materials out to each tribe. Before our start day of March 21, 2007 (ending date July 13, 2007). **Pedometers and log books** will be distributed to our tribal members to monitor there steps. Collaboration with Saginaw Chippewa Family Olympic coordinators is allotting time for ITC to have an award presentation during this year's family Olympics. ITC will be awarding a traveling trophy and t-shirts to the winners of the challenge. For those that participated in "Let's Get Moving Northern Michigan" this is on the same line. Using a pedometer and recording your steps submit to your local CHR representative or ebeemoshin (email) me. (Dee Anderson) There will be a coupon can at the front desk of the Strongheart and Eagletown market and or CHR of your communities will collect coupons and ebeemoshin (email) me as well. We encourage all GTB members & families/employees participate in the challenge and the 20th Annual Family Olympics in Mt. Pleasant. July 20, 2007. any questions please call Dee Anderson 534-7551; Bill Martell 534-7690; Tanya Raphael 534-7230

GO GTB!!! GO GTB!!! GO GTB!!! GO GTB!!! GO GTB!!!



So far we have the following youth signed up for bowling

Mitchell, Paul, Tony and Alex McGrath, Zion Raphael, Jonathon, Chad, Eric, Allison TwoCrow, Carmen & Mistyrose Chippewa, Brandon & Zachery Shomin, Alicia Shenoskey, Calvin Kiogima, Veronica & Jordon Anderson, Summer Raphael and Jonathon Anderson.

UPDATED INFORMATION FOR THE ELDERS AND YOUTH BOWLING LEAGUE

There are still spots left on the Elders and Youth sign up sheet – We will begin our 2nd annual 4 week bowling league at the end of April. The bowling dates are: April 27th, May 4th, May 18th and May 25th. Each team will consist of 2 Elders and 2 Youth. Elders need to contact their site coordinators to sign up and youth need to call Angie McGrath, Office Manager at 231.534.7233. **Sign up deadline is still April 9th.** We have enough spots for 30 Elders and 30 Youth! Transportation will be provided. We hope to see everybody out there trying to bowl a perfect 300 game. Good Luck to all participants.

Also, an awards banquet will be held on June 1st at the Traverse City office. We will have awards for a few categories—Highest One Game Score, Most Strikes over the 4 week period, Highest Av-

Learn How to Make a Star Quilt



Gashi Miinawaa Daan senh Maanjidwin
(Mother & Daughter Gathering)

Saturday April 7, 2007 9am – 2pm

Saturday April 14, 2007 9am – 2pm

Learn how to make a star quilt with Renee's House of Quilting at the 3-Mile Education Department Traverse City. There are limited amount of supplies available call 534-7345 to reserve a spot for you and your daughter. Additional seats need the following supplies to attend: cutting mat, rotor, and ruler. This activity is for Native Women and their daughters 12 and over. There will be no child care available for children under 12 please provide your own child care.

Agenda

9:00 - 9:20 am Welcome

9:20 - 11:30 am Cutting the pieces

11:30 -11:45 am Working Lunch – Rural DV Grant & Purple Shawl Project

11:45 - 2:00 pm Making the Star Quilt/DV Prevention Activity (making a gift to honor the victims and survivors of Domestic Violence)



UPCOMING BASKETBALL TOURNAMENTS

To all of our GTB Youth, it is that time of year once again—Basketball Tournaments!

**SAGINAW CHIPPEWA INDIAN
TRIBE APRIL 14 & 15**

**GRAND TRAVERSE BAND OF
OTTAWA & CHIPPEWA
INDIANS APRIL 21 & 22**

**BAY MILLS INDIAN
COMMUNITY MAY 5 & 6**

**LITTLE TRAVERSE BAY BAND
MAY 12 & 13**

To sign up as a Player, Coach, Volunteer and/or Van Driver please contact Jason Hill at the Strongheart
231.534.7456

Higher Ed Packets -

have been sent out , if you have any questions please make sure to call Joyce Wilson at 534-7765



14 spots lefts
Elder/Youth Hand & Hand Application

GTB Youth Information:

Youth Name: _____ DOB _____

Address _____ Tribal ID#: _____

What project will you do: _____

Name of Vendor: _____

\$15.00/per Yth Meijers** Target** K-mart** Ben Franklin**

Will there be other GTB youth helping with this project? Y N If yes, whom? _____

Elder Information:

Name: _____ DOB _____

Address _____

Phone _____ Current Background check Y N Date Completed _____

Background check consent form must be completed by March 26, 2007. You can not start the project with out the back approved.

Parent Information and Consent

At the end of the year, the program will request each youth to present their projects to staff or if they chose they can display it at the YO building for a month. (Project must be a project that can de displayed). Each youth will receive a \$100.00 Purchase order for either store of their choose - Please circle choice (Meijers, JcPenney, Kmart).

Parent Name: _____ Phone: _____

Parent's Signature: _____ Date: _____

Youth Signature: _____ Date: _____

Elders Signature: _____ Date: _____

**To the following students on receiving an
educational incentive**



Perfect Attendance:

Febuary —Dwaun Anderson, Veronica Anderson, Adam Arroyo, Alex and Carly Wilson and Martine Sanchez

3.0 GPA or Better: Carly Wilson, Alex Wilson, Veronica Anderson, Adam Arroyo Martine Sanchez, Waskwane Stonefish, Beedoskah Stone Fish



Private Meet & Greet for the children of the Grand Traverse Band of Ottawa and Chippewa Indians with the Nickelodeon characters!

Sunday, April 1 at 11 a.m.
Tower Ballroom at the
Grand Traverse Resort and
Spa



Grand Traverse Band of Ottawa and Chippewa Indians
2605 N. West Bay Shore Drive
Peshawbestown, MI 49682

We're on the Web!
example.microsoft.com